Maintaining Immune Health in the Face of COVID-19 and Future Viruses
Summary

• Older adults account for most of the mortality due to COVID-19.

• The biology of aging drives diseases of aging, underlying the cause for this excess mortality.

• Hallmarks of aging are targets for gero-therapeutics.

• Exercise is immune modulator and a resiliency builder.

• Metformin and mTOR inhibitors maybe modulating response to viral infection in older adults.

• Interaction between environment (exercise and nutrition) and drugs can: 1) target immune decline and inflammaging and 2) increase whole body resiliency to severe illness.

• This is relevant to future pandemics, blinded to cause.